



# Pelaw Main Public School NEWSLETTER

[www.pelawmain-p.school.nsw.edu.au](http://www.pelawmain-p.school.nsw.edu.au)

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15 JUNE 2018

## TERM 2 WEEK 7

### DATES FOR THE DIARY

**Monday 18th June**

Scholastic Book Club Due  
Issue 4

**Friday 6th July**

Last Day of Term 2

**Monday 23rd July**

Staff return Term 3

**Tuesday 24th July**

Students Return Term 3

**Friday 3rd August**

Zone Athletics

**Saturday 22nd September**

Spring Fair



## Zone Athletics

The 2018 whole school Athletics Carnival was held yesterday. Thank you to the P&C who supported our learning community with the cost of buses. Congratulations to Richmond house for winning the march past and to Stanford house for being the winning house on the day. The Zone athletics Carnival is scheduled for Friday 3rd August at Turner Park Athletics Field. If your child qualifies as a result of their participation at the school Athletics Carnival, separate information will be provided.

## School Crossing

The new crossing at the front of the school is now operational. It is wonderful to see lots of students and parents already using it safely!

For the new crossing to ensure student safety, we need everybody's cooperation with the expectations. We expect that everybody uses the crossing. The biggest influence will be parent cooperation with these expectations.

A staff member will be ensuring students use this crossing each afternoon. Another staff member will also be placed at the bottom gate at the front of the school, as this is where the kiss and drop zone will be located. The bus stop will be moved up to the top gate, closest to the crossing. For increased safety, the new recommendations are that there is only one main exit. The only people who will be able to use the bottom gate at the front of the school are those people who park down near the hall and do not have to cross the road on Abermain Street. Students being picked up in the kiss and drop zone will also use this exit, which will be supervised each afternoon.

On Monday, as part of our PBL Assembly, all students will be taken through the changes and what the expectations are.

Cessnock Council still have to finish signage on the school side of the street and this will bring about some significant changes. I will send home a fact sheet once the signage is in place, outlining where you can and can't park, etc.

Please be aware that a children's crossing is slightly different to pedestrian crossing rules.

## Children's Crossings

These are part-time crossings which operate just before and after school hours, as well as other times such as school excursions and lunch times. They are highlighted by red flags with the words CHILDREN CROSSING on them.

When the flags are displayed you must slow down and stop before the stop line if a pedestrian is on or entering the crossing. You must not proceed until all pedestrians have left the crossing.

You must not stop on or within 20 metres before or 10 metres after, a children's crossing. <http://www.rms.nsw.gov.au/roads/safety-rules/road-rules/pedestrians.html>

## PARTNERS in LEARNING TERM 2

Mon 18 June - K Red  
9.30am in the classroom

## SCHOOL FEES

Our voluntary school contributions of \$47 per family are now due. Payments can be made at the office by Eftpos or cash & online.

## Attendance

At Pelaw Main Primary School, we aim to maximise student learning opportunities and performance through regular school attendance and without unnecessary absences.

Education is a sequential process. Absences often mean children miss important stages in the development of topics, meaning they are placed at a disadvantage and miss many learning opportunities.

Attending school every day makes learning easier for your child and helps them to build and maintain friendships with other children.

It is the parents' responsibility to ensure regular attendance. If a child is absent (including a late arrival or leaving school early), a note should be forwarded to the class teacher informing the school of the reason (a telephone message or oral explanation is accepted). This is a legal requirement. Regular absences will be followed up by the class teacher, Assistant Principal or the Principal, and absences are recorded on student reports. Children learn best when they attend school every day.

## Reports

Semester One reports will look slightly different to the past. We have taken on feedback from the Tell Them From Me survey results from 2017, which indicated that parents wanted reports to be more parent friendly.



### PBL Awards for this week

**Be Safe** Brailie W 2/3 Green

**Be Respectful** Sacha M 5/6 White

**Be an Active Learner** Ahryannah B 3/4 Blue

**Big Ribbit** Orange **Little Ribbit** Yellow & Pink

We have taken this back to staff and report comments will be trialled this semester based around this feedback. They will be based around specific things your child can do and some things they are learning to do. They will be written in dot point format, using more 'parent-friendly' terminology and language. Also, English and Mathematics will be the only areas with a written comment. The other key learning areas will be covered with specific indicators addressed throughout the Semester.

Reports will be sent home with students on Thursday, 5<sup>th</sup> July. We welcome your feedback about these changes early next term.



## Every Day Counts



When your child misses just	that equals per year	and therefore from Kindy to year 6	and therefore from Kindy to Year 12 that is	Your child has missed
1 day each fortnight	20 days per year	9 months of school	1 ½ years of school	260 days
1 hour per day	40 days per year	1 and ¼ years of school	Over 2 ½ years of school	520 days
1 day per week	40 days per year	1 and ¼ years of school	Over 2 ½ years of school	520 days
2 days per week	80 days per year	2 and ½ years school	Over 5 years of school	1,040 days
3 days per week	120 days per year	4 years school	Almost 8 years of school	1,560 days

Give your child every chance to succeed.....

## Staff leave

Next week we welcome back Mrs Grant, who will return from leave. Thank you to Mrs Beneke for taking 4 Indigo for the last two weeks.

Miss Clayden will be attending Drumbeat training for three days next week, with Mrs Beneke taking 1/2 Yellow. Mrs Grant will also be attending some Positive Behaviour for Learning professional learning, with Mrs Mitrevski taking 4 Indigo.

## University Students

For the rest of the term we are extremely fortunate to be hosting two students from the University of Newcastle who are in the second year of their teaching degree. We welcome Marnie Kempster who is working in 2/3 Green and Emily Wilson in 4/5 Violet.

## Great Aussie Bush Camp

It is now time to pay the \$50 deposit for Aussie Bush Camp. There are still places available if any other students would like to come and join in the fun. The total cost of camp is \$290. Please see Mrs Knight if you have any questions.

## Library

Scholastic Book Club Issue 4 is due back at school on Monday 18th June, 2018

## Music Bus

*The Music Bus are now taking new student enrolments for Term 3. The program is open for all students from Kindy to 6. Music Bus operates at our school every Wednesday. The Music Bus have limited availability in Singing, Keyboard, Guitar, Drum and Ukulele and so it is advised to enrol asap.*

*The Music Bus is a wonderful music program that many of our students are already enjoying – a brilliant and cost-effective way for students to get fun and specialist music lessons without parents having to travel all over the area after school. Cost of lessons is only \$16 per week (Drums \$18).*

*If you're interested in your child having music lessons through The Music Bus, check out their website at [www.themusicbus.com.au](http://www.themusicbus.com.au) or call 1300 168 742*



## K-6 Whole School Sport Program

The backyard league sports program is up and running with students and staff highly engaged in the activities presented by professional rugby league coaches. Upon completion of the sports program, students K-2 will receive a free Rugby League 'Bluey and Red Play Rugby League at the Zoo' Book via a redemption, while every student in Years 3 – 6 that participates will receive a free Rugby League modified football via a redemption. This program runs every Monday for sport K-6.

## Office Payments

When making cash payments at the office, please ensure money is in a bag or envelope which is marked clearly with the student's name, class and what the payment is for. Payments made this way are much easier to keep track of and process. Thank you for your cooperation.

# ADVENTURE TIME 2018

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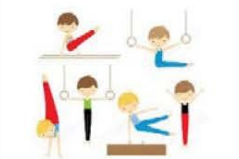


**Kurri Kurri Congregational Church**  
**Hampden Street, Kurri Kurri**  
**Monday 9th — Friday 13th July, 2018**  
**9:30am - 12pm**

**Boys and girls 5 years to 12 years!**  
**Further Information Ph: 4937 4377**  
**Cost: FREE**

**Week One - Please note the program may be subject to change without notice due to unforeseen circumstances**

Monday 09-07-18	Tuesday 10-07-18	Wednesday 11-07-18	Thursday 12-07-18	Friday 13-07-18
<b>Pom Pom Making</b>  <b>Optional Lunch:</b> Chicken Noodle Soup with bread \$2 <b>FREE</b>	<b>Maitland Cinemas</b>  <b>*48 CHILDREN ONLY*</b> Depart: 11:15am Return: 2:30pm <b>* COMPULSORY *</b> <b>\$18</b>	<b>Naidoc Celebrations</b>  <b>BECAUSE OF HER, WE CAN!</b> 8-15 JULY 2018 Celebrating Naidoc 2018 <b>FREE</b>	<b>Winter Cooking</b>  Cooking up a yummy winter treat! <b>FREE</b>	<b>Library Lego Comp</b>  Depart: 12:45pm Return: 2:15pm <b>* COMPULSORY *</b> <b>FREE</b>

**Week Two - Please note the program may be subject to change without notice due to unforeseen circumstances**

Monday 16-07-18	Tuesday 17-07-18	Wednesday 18-07-18	Thursday 19-07-18	Friday 20-07-18
<b>Ice Brick Challenge</b>  Who will have the fastest melting ice! <b>FREE</b>	<b>Science</b>  Experimenting with scientific concepts <b>FREE</b>	<b>Gymnastics</b>  Kurri Kurri Community Ctr Depart: 10:45am Return: 12:45pm <b>* COMPULSORY *</b> <b>\$5</b>	<b>Newcastle Ninja Parc</b>  <b>*48 CHILDREN ONLY*</b> Depart: 10:00am Return: 1:30pm Bring a packed lunch <b>* COMPULSORY *</b> <b>\$18</b>	<b>PJ Onsie Day</b>  <b>Optional Lunch:</b> Mac n Cheese \$2 <b>FREE</b>

**Week Three - Please note the program may be subject to change without notice due to unforeseen circumstances**

Monday 23-07-18	Tuesday 24-07-18	Wednesday 25-07-18	Thursday 26-07-18	Friday 27-07-18
<b>Kids Choice</b>  Children decide their activities to do for the day at Vacation Care <b>FREE</b>	 <b>Tuesday 24th July 2018</b>			

**Kurri Kurri OOSH and Vacation Care is a community based non for profit approved provider for Before & After School Care and Vacation Care, offering quality care for children aged 5-12years.**

**Opening Hours for Vacation Care 6.30am - 6.30pm**

**Where: Kurri Kurri Girl Guides Hall (Temporarily)**

**116 Lang Street Kurri Kurri**

**Phone: 4936 2030**

**Email: oosh@kkcc.com.au**

# Helping children to manage feelings

"Let's go, let's go. Come on Dad!"  
This is the family outing that everyone  
in the family has been waiting for.

Seven-year-old Voula has been up since  
dawn jumping around excitedly.

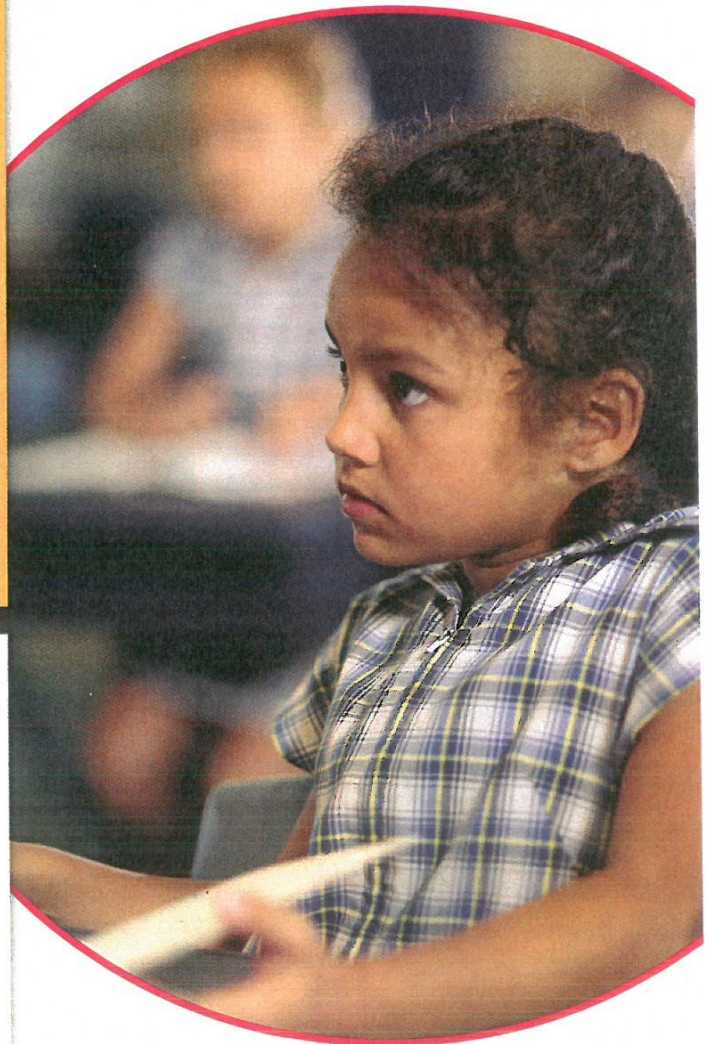
When Voula gets wound up it can be  
difficult to keep things under control.  
She doesn't seem to understand that her  
baby brother doesn't like her jumping  
around and poking at him, or that her  
Dad is a bit slower in the mornings  
and needs his space. You don't want to  
dampen her enthusiasm, but you'd like  
her to be able to express it in ways that  
are less annoying to others!

## Learning to manage feelings

Children's feelings are often intense. They can be  
quickly taken over by feelings of excitement, frustration,  
fear or joy.

When feelings take over children's behaviour, they can  
find it difficult to manage without adult support. This is  
why learning how to recognise and manage feelings is  
a very important part of children's social and emotional  
development.

Understanding that all sorts of feelings are normal, that  
they can be named, and that there are ways of handling  
them are the first things children need to learn about  
feelings. Understanding that feelings affect behaviour,  
and being able to recognise how this happens are  
important steps for learning to manage feelings.



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intense. They can be quickly  
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# How parents and carers can help children manage feelings

## 1 Notice feelings

Before we can learn how to control feelings, we first have to notice them. You can help your children notice feelings by noticing them yourself and giving them labels: happy, sad, excited, frustrated, angry, embarrassed, surprised, etcetera. Giving feelings names helps to make them more manageable for children.

Learning to pay attention to how they are feeling helps children understand that all feelings are okay and that they can have emotions without being controlled by them.

## 2 Talk about everyday feelings

Talking with children about what it's like when you're angry, sad, nervous or excited helps them find ways to express feelings without having to act them out through negative behaviours. Children learn these skills best when they hear adults and peers using words to express feelings and when they are encouraged to use words like this too.

Learning to name feelings helps children find ways to express them without having to act them out.

## 3 Create space for talking about difficult feelings

Although all feelings are okay, some feelings can be more difficult to cope with than others. Help children to separate a feeling from a difficult reaction by helping them name it. Being able to say or think, "I am feeling angry," means that children don't have to act really angry before anyone takes notice. It allows them to choose how they will respond. The same idea works with other difficult feelings like nervousness or fear.

Learning to cope with feelings helps children manage their behaviour at school and at home. It helps them learn better, relate to others better and feel better about themselves.

Things to remember:

- Learning skills for managing feelings takes practice.
- Noticing and naming feelings comes first.
- Talking about everyday feelings in normal conversations makes it easier when the difficult feelings come up.
- Talking about difficult feelings is usually best tried after the feelings have calmed down a bit, and when children, parents and carers are feeling relaxed.

Things to try at home:

- Use feeling words when you talk with children about everyday situations (eg "You scored a goal! How **exciting** was that!" or "It's pretty **disappointing** that Kati can't play with you today").
- Invite children to describe their own feelings (eg "I'm feeling pretty **nervous** about going to the dentist. **How about you?**" or "How did **you feel** when?").

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)



Australian Government  
Department of Health and Ageing



Principals  
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